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Autore	Nay W. Robert
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## Nota di contenuto

Cover; Front Matter; Contents; Introduction; Step One--Understanding and Recognizing Anger; 1--The Faces of Anger: Whom Do You See in the Mirror?; 2--Behind the Mask: Understanding Anger and Its Expression; Step Two--Identifying and Preparing for Anger Triggers; 3--Understanding Your Anger Triggers; Step Three--Pinpointing Your Anger Early On and Dampening Arousal; 4--Anger Awareness; 5--Dampening Anger Arousal; Step Four--Identifying and Changing Thoughts That Fuel Anger; 6--Recognizing Thoughts That Fuel Anger; 7--Rewriting Your Script: New Thinking for New Solutions Step Five--Staying Cool Under Fire8--Assertive Problem Solving: Expressing Anger Constructively in Conflict Situations; 9--When Anger Is Aimed at You; Step Six--Staying the Course: Sustaining New Behavior and Coping with Roadblocks; 10--Establishing New Anger Habits; 11--Resolving Resentment and Considering When to Forgive When You Can't Forget; 12--So You've Had a Setback: Getting Back on Track; Appendix 1--Self-Assessment of Anger Questionnaire (SAQ); Appendix 2--Daily Anger Log; Appendix 3--Personal Anger Scale; Appendix 4--Anger Analysis; Appendix 5--The Relationship Anger Profile (RAP) Suggested ResourcesReferences; Index; About the Author

## Sommario/riassunto

This straight-talking book-grounded in over 25 years of experience-has already helped many tens of thousands of readers understand and manage destructive anger in all its forms. Anger expert Dr. Robert Nay guides you to Figure out which of the five ""faces of anger"" are a problem for you, from passive-aggression to all-out rage. Recognize the early warning signs of anger in your physical sensations and thoughts. Master cooling-off strategies that work in the heat of the moment. Identify and change unrealistic expectations you have for yourself and other people. Communicate effectively